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# Nutri - Topics

Food and Nutrition Information Center  
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**Educator**

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## Weight Control and Obesity

### Overview (in order by year)

*Encyclopedia of Obesity and Eating Disorders.* Dana K. Cassell. New York: Facts On File. 1993. 400 pp.

*Nutrition Monitoring in the United States. Chartbook I: Selected Findings from the National Nutrition Monitoring and Related Research Program. Interagency Board of Nutrition Monitoring and Related Research.* Hyattsville, MD: U.S. Government Printing Office. Sept. 1993. pp. 5-9, 62, 65-68.

*Obesity: Theory and Therapy.* Albert J. Stunkard and Thomas A. Wadden. New York: Raven Press. 1993. 377 pp.

"When your obese patient can't lose weight." Karen M. Neil and Robert F. Kushner. *Postgraduate Medicine*, 93(2):155-162, 168-169, 172. 1993.

*Obesities.* Jean Vague. London, England: J. Libbey. 1991. 153 pp.

*Straight Talk about Weight Control.* Lynn J. Bennion, Edwin L. Bierman, and James M. Ferguson. Mount Vernon, NY: Consumers Union. 1991. 351 pp.

### Perceptions (in order by year)

"The relationship between body weight concerns and adolescent smoking." Diane E. Camp, Robert C. Klesges, and George Relyea. *Health Psychology*, 12(1):24-32. 1993.

"Adolescents' perceptions of relative weight and self-reported weight loss activities." Michael Felts, et al. *Journal of School Health*, 62(8):372-376. 1992.

- "A multivariate analysis of the attitudinal and perceptual determinants of completion of a weight-reduction program." Charlotte A. Pratt, Clark Gaylord, and Gerald W. McLaughlin. *Journal of Nutrition Education*, 24(1):14-20. 1992.
- "Self-reported and measured weights and heights of participants in community-based weight loss programs." Linda R. DelPrete, et al. *Journal of The American Dietetic Association*, 92(12):1483-1486. 1992.
- "Body image satisfaction, dieting beliefs, and weight loss behaviors in adolescent girls and boys." Susan J. Paxton, et al. *Journal of Youth and Adolescence*, 20(3):361-379. 1991.
- "Weight perceptions and dietary practices of black, low-income adolescents." Margaret B. Balentine. *School Food Service Research Reviews*, 14(2):103-107. 1990.

### **Pathogenesis (in order by year)**

- "Glycogen storage: illusions of easy weight loss, excessive weight regain, and distortions in estimates of body composition." Stephen N. Kreitzman, Ann Y. Coxon, and Kalman F. Szaz. *American Journal of Clinical Nutrition*, 56(suppl 1):292S-293S. 1992.
- "The problem of obesity: fundamental concepts of energy metabolism gone awry." Judith G. Dausch. *Critical Reviews in Food Science and Nutrition*, 31(4):271-198. 1992.

### **Prevalence (in order by year)**

- "Prevalence of obesity in American Indians and Alaska Natives." Brenda A. Broussard, et al. *American Journal of Clinical Nutrition*, 53:1535S-1542S. 1991.
- "The 10-year incidence of overweight and major weight gain in US adults." David F. Williamson, et al. *Archives of Internal Medicine*, 150:665-672. 1990.

### **Classification, Definition, or Measurement (in order by year)**

- "Use of skinfolds and bioelectrical impedance for body composition assessment after weight reduction." Irma J.M. Paijmans, Kristine M. Wilmore, and Jack H. Wilmore. *Journal of the American College of Nutrition*, 11(2):145-151. 1992.

### **Genetics and Environment (in order by year)**

- "Differences in postpartum weight retention between black and white mothers." Jennifer D. Parker and Barbara Abrams. *Obstetrics & Gynecology*, 81(5, pt. 1):768-774. 1993.

- "Physical activity in children and youth: relationship to obesity." Russell R. Pate. *Contemporary Nutrition*, 18(2):1-2. 1993.
- "Models for dietary and weight change in African-American women: identifying cultural components." Shiriki K. Kumanyika, Christiaan Morssink, and Tanya Agurs. *Ethnicity and Disease*, 2(2):166-75. Spring 1992.
- "Postmenopausal hormone replacement therapy prevents central distribution of body fat after menopause." Jens Haarbo, et al. *Metabolism*, 40(12):1323-1326. 1991.
- "The contributions of income, education and changing marital status to weight change among US men." Henry S. Kahn and David F. Williamson. *International Journal of Obesity*, 14(12):1057-1068. 1990.
- "Does emotional eating interfere with success in attempts at weight control?" A. J. Blair, V. J. Lewis, and D. A. Booth. *Appetite*, 15(2):151-157. 1990.
- "Evidence for a secular change in obesity, height, and weight among Navajo indian schoolchildren." Jonathan R. Sugarman, Linda L. White, and Timothy J. Gilbert. *American Journal of Clinical Nutrition*, 52:960-966. 1990.

### **Mortality and Morbidity (in order by year)**

- "Beneficial health effects of modest weight loss." David J. Goldstein. *International Journal of Obesity*, 16(6):397-415. 1992.
- Health Risks of Obesity: 1993 Special Report.* Frances M. Berg. Hettinger, ND: Obesity & Health. 1992. 130 pp.
- "Long-term morbidity and mortality of overweight adolescents: a follow-up of the Harvard Growth Study of 1922 to 1935." Aviva Must, et al. *New England Journal of Medicine*. 327(19):1350-1355. 1992.

### **Treatment Methods and Outcomes (in order by year)**

- Eat More, Weigh Less: Dr. Ornish's Life Choice Program for Losing Weight Safely While Eating Abundantly.* Dean Ornish. New York: Harper Collins. 1993. 425 pp.
- "The healthy worker project: a work-site intervention for weight control and smoking cessation." Robert W. Jeffery, et al. *American Journal of Public Health*, 83(3):395-401. 1993.



- "High fiber diet in the treatment of obesity and hypercholesterolemia." Lalita Kaul and Joseph Nidiry. *Journal of the National Medical Association*, 85(3):231-232. 1993.
- "Hypertension in obese patients." Mahendr S. Kochar. *Postgraduate Medicine*, 93(4):193-195, 199-200. 1993.
- "Intense sweeteners: effects on appetite and weight management." International Food Information Council. *IFIC Review*, 4 pp. 1993.
- "Nursing guide to good nutrition & sensible weight control." *Nursing*, 23(5):67-69. 1993.
- "Nutrition education research in weight management among adults." Ellen S. Parham. *Journal of Nutrition Education*, 25:258-268. 1993.
- "Nutrition in the '90s: setting the table for the future." *The Bariatrician*, Summer 1993.
- "Obesity and the implications of weight loss (is there death after success?)." Gary R. Cutter. *Perspectives in Applied Nutrition*, 1(1):3-13. 1993.
- "A paradigm shift from weight loss to healthy living." Linda Omichinski. *Obesity and Health*, pp. 48-59. May/June 1993.
- "Strategies for improving maintenance of weight loss." Michael G. Perri, Samuel F. Sears, Jr., and Judith E. Clark. *Diabetes Care*, 16(1):200-209. 1993.
- "Three-year follow-up of Pawtucket Heart Health's community-based weight loss programs." Linda Del Prete, et al. *American Journal of Health Promotion*, 7(3):182-187. 1993.
- "Treatment of obesity in the elderly." Harold C. Seim and Karen B. Holtmeier. *American Family Physician*, 47(5):1183-1189. 1993.
- "Understanding and treating human obesity: what's new." James O. Hill. *Food & Nutrition News*, 65(5). 1993.
- "Very low-calorie diets." National Task Force on the Prevention and Treatment of Obesity. *Journal of the American Medical Association*, 270(8):967-974. 1993.
- "Weight loss contests at the worksite: results of repeat participation." Annette Worick and Maija Petersons. *Journal of the American Dietetic Association*, 93(6):680-681. 1993.
- "Characteristics of controlled studies of patient education and counseling for prevention health behaviors." Denise G. Simons-Morton, et al. *Patient Education and Counseling*, 19(2):175-204. 1992.

- "Child and adolescent obesity: the nurse practitioner's use of the SHAPEDOWN method." Laurel M. Melin and Lisa Frost. *Journal of Pediatric Health Care*, 6(4):187-193. 1992.
- "Current treatment of obesity: a behavioral medicine perspective." Vincent Pear, Matthew M. Clark, and David B. Abrams. *Rhode Island Medicine*, 75(10):477-481. 1992.
- "Effective weight maintenance techniques of healthy, normal-weight, middle-aged women." Sarah F. Stallings and Patricia Giblin Wolman. *Topics in Clinical Nutrition*, 7(3):56-62. 1992.
- "Family versus individually oriented intervention for weight loss in Mexican American women." Jennifer H. Cousins, et al. *Public Health Reports*, 107(5):549-555. 1992.
- "Long-term outcome of a self-help very-low-calorie-diet weight-loss program." Jacqueline S. Cox, et al. *American Journal of Clinical Nutrition*, 56(1 suppl.):279S-280S. 1992.
- "Long-term weight control in obese children: Persistence of treatment outcome and etabolic changes." Outi Nuutinen and Mikael Knip. *International Journal of Obesity*, 16(4):279-287. 1992.
- "A longitudinal analysis of the impact of dietary intake and physical activity on weight change in adults." Robert C. Klesges, et al. *American Journal of Clinical Nutrition*, 55:818-822. 1992.
- "Lose weight and win: a church-based weight loss program for blood pressure control among black women." Shiriki K. Kumanyika and Jeanne B. Charleston. *Patient Education and Counseling*, 19(1):19-32. 1992.
- Methods for Voluntary Weight Loss and Control: National Institutes of Health Technology Assessment Conference Program Amd Abstracts + Statement.* National Institutes of Health Technology Assessment Conference March 23-April 1, 1992. NIH Nutrition Coordinating Committee and the NIH Office of Medical Applications of Research. Bethesda, MD: National Institute of Health. 1992. 168 pp. + 29 pp.
- "Obesity: a quartet of approaches." C. Wayne Callaway, et al. *Patient Care*, 26(14):157-164, 171-172, 174, 183-184, 186-188, 190, 193-196, 199. 1992.
- "Obesity and efforts to lose weight." Elliot Danforth, Jr. and Ethan A.H. Sims. *The New England Journal of Medicine*, 327(27):1947-1948. 1992.
- "Outcomes of weight-loss programs." Jeanine C. Cogan and Esther D. Rothblum. *Genetic, Social, and General Psychology Monographs*, 118(4):385-415. 1992.

- "A pilot weight control program for Hispanic women." Suzanne B. Domel, et al. *Journal of the American Dietetic Association*, 92(10):1270-1271. 1992.
- "Undieting: a program of help people stop dieting." Janet Polivy and C. Peter Herman. *International Journal of Eating Disorders*, 11(3):262-268. 1992.
- "Weight control for black women." Suzanne B. Domel, et al. *Journal of the American Dietetic Association*, 92(3):346-348. 1992.
- "Weight loss, body composition and risk factors for cardiovascular disease in obese children: long-term effects of two treatment strategies." Outi Nuutinen and Mikael Knip. *Journal of the American College Nutrition*, 11(6):707-714. 1992.
- "Worksite nutrition education can lower total cholesterol levels and promote weight loss among police department employees." Margaret E. Briley, Deanna H. Montgomery, and John Blewett. *Journal of the American Dietetic Association*, 92(11):1382-1384. 1992.
- "Ethics of obesity treatment: implications for dietitians." Patricia W. Pace, Mary Pat Bolton, and Rebecca S. Reeves. *Journal of the American Dietetic Association*, 91(10): 1258-1260. 1991.
- The New Fit or Fat*. Covert Bailey. Boston: Houghton Mufflin. 1991. 167 pp.
- "Nutritional profiles of selected college females in a 15-week exercise and weight-control class." Timothy J. Quinn and Michael Jenkins. *Health Values*, 15(3):34-41. 1991.
- "Obesity treatment: The high cost of false hope." Susan C. Wooley and David M. Garner. *Journal of the American Dietetic Association*, 91(10):1248-1251. 1991.
- "Summary document of nutrition intervention in obesity." Joni Geppert and Patricia L. Splett. *Supplement to the Journal of the American Dietetic Association*, 91(11 suppl.):S31-S35. 1991.
- "A technique for incorporating psychological principles into the nutrition counseling of clients." Marian R. Stuart and Margaret D. Simko. *Topics in Clinical Nutrition*, 6(4):51-60. 1991.
- "Weight control: attitudes of dieters and change agents." Ellen S. Parham, et al. *Journal of Home Economics*, 83(1):6-12. 1991.
- "Weight loss programs: failing to meet ethical standards?" Andrew Lustig. *Journal of the American Dietetic Association*, 91(10):1251-1254. 1991.
- "Why treatments for obesity don't last." G. Kenneth Goodrick and John P. Foreyt. *Journal of the American Dietetic Association*, 91(10):1243-1247. 1991.



- "Attributions for previous failures and subsequent outcomes in a weight reduction program." Harm J. Hospers, Gerjo Kok, and Victor J. Strecher. *Health Education Quarterly*, 17(4):409-415. 1990.
- Coping with Diet Fads*. June Kozak Kane. New York: Rosen Pub. Group. 1990. 162 pp.
- "Factors related to the completion of weight reduction program." Charlotte A. Pratt. *The Journal of the American Dietetic Association*, 90(9):1268-1270. 1990.
- "How sweet it is?" Julie Miller Jones. *Cereal Food World*, 35(9):964. 1990.
- "Reduced-calorie foods: implications for dietary management." Marsha Hudnall. *Topics in Clinical Nutrition*, 6(1):61-67. 1990.
- Beyond Dieting: Psychoeducational Interventions for Chronically Obese Women: A Non-Dieting Approach*. Donna Ciliska. New York: Brunner/Mazel. 1990. 176 pp.
- The Callaway Diet: Successful Permanent Weight Control for Starvers, Stuffers, and Skippers*. C. Wayne Callaway with Catherine Whitney. New York: Bantam Books. 1990. 190 pp.
- "The importance of family support in a behavior modification weight loss program." J. Hart, et al. *Journal of the American Dietetic Association*, 90(9):1270-1271. 1990.
- "Responsible and irresponsible use of very-low-calorie diets in the treatment of obesity." Thomas A. Wadden, Theodore B. VanItallie, and George L. Blackburn. *Journal of the American Medical Association*, 263(1):83-85. 1990.
- "Social networks and social support in weight loss." Beth C. Marcoux, Leslie L. Trenkner, and Irwin M. Rosenstock. *Patient Education and Counseling*, 15(3):229-238. 1990.
- "Ten-year follow-up of behavioral, family-based treatment for obese children." Leonard H. Epstein, et al. *Journal of the American Medical Association*, 264(19):2519-2523. 1990.
- "Weight loss maintenance 1 year after individual counseling." Emily Read Wood. *Journal of the American Medical Association*, 90(9):1256-1260. 1990.
- "Weight maintenance and resting metabolic rate 18-40 months after a diet/exercise treatment." D. Van Dale, W.H.M. Saris, and F. Ten Hoor. *International Journal of Obesity*, 14(4):347-359. 1990.
- Diet, Weight Control & Eating Disorders*. Susan Magrann. Escondido, CA: Nutrition Dimension. 1989. 104 pp. Available from Nutrition Dimension, P.O. Box 301147, Escondido, CA 92030.

### **Periodical Series (in alphabetical order by title)**

*Obesity & Health.* Healthy Living Institute, 402 S. 14th Street, Hettinger, ND 58639.  
(800) 633-4931.

*The Weight Control Digest.* American Health Publishing Company, 1555 W. Mockingbird Lane,  
Suite 203, Dallas, TX 75235. (800) 736-7323.

### **Weight Control Programs for Instructors (in alphabetical order by title)**

*The Balancing Act: Nutrition & Weight Guide.* Georgia G. Kostas. Dallas, TX: Balancing Act.  
1993. 320 pp.

*The Body Shop* (weight control program for children and teens). Farmington Hills, MI:  
American Institute for Preventive Medicine. 1989. 400 pp. Available from American  
Institute for Preventive Medicine, 30445 Northwestern Highway, Suite 350, Farmington  
Hills, MI 48334. (313) 539-1800.

*Diet & Weight Loss.* Larry A. Richardson, M.D. Available from Order Department, 2031  
Humble Place Drive, Humble, TX 77338.

*Diets That Work: For Weight Control or Medical Needs* (summary of programs). Deralee  
Scanlon with Larry Strauss. Los Angeles: Lowell House. 1992. 279 pp.

*Healthy Heart Weight Management.* Nancy L. Schwartz. 1993. Available from Healthy Heart  
Weight Management, 5754 Merrill Mission Road, Papillion, NE 68133-2731. (402)  
592-6860.

*HUGS Facilitator Kit: Anti-Diet Lifestyle Program.* HUGS for Better Health. Available from  
HUGS International Inc., Box 102A, RR#3, Portage la Prairie, MB, Canada R1N 3A3.  
(204) 428-3432.

*The LEARN Program for Weight Control: Lifestyle, Exercise, Attitudes, Relationships,  
Nutrition.* Dallas, TX: American Health Pub. Co. 1991. 216 pp. Available from The  
LEARN Education Center, 1555 W. Mockingbird Lane, Suite 203, Dallas, TX 75235.  
(800) 736-7323.

*Mirror Mirror: a Resource Guide for Helping Adolescents Develop a Positive Body Image and  
Maintain a Healthy Weight.* Chicago, IL: Education Dept., National Live Stock & Meat  
Board. 1992. 1 resource packet, 4 pamphlets, and 9 duplicating masters. Available from  
National Live Stock & Meat Board, 444 North Michigan Ave., Chicago, IL 60611. (312)  
467-5520.

*My New Weigh of Life* . Madeleine Sigman-Grant. 1993. (Leader and Participant's Guides) 1 volume each. Available from College of Agricultural Sciences, The Pennsylvania State University, University Park, PA 16802. (814) 865-6713.

*Now That You've Lost it: How to Maintain Your Best Weight*. Joyce D. Nash. Palo Alto: Bull Pub. Co. 1992. 228 pp.

*Nutrition and Exercise Awareness for Teens*. Charlotte Pratt. Rev. 1991. 9 lesson books. Virginia Cooperative Extension. Available from Distribution Center, 112 Landsdowne Street, Blacksburg, VA 24061-0512. (703) 231-6192.

*Nutrition and Weight Control Study Guide* (For the professional). Champaign, IL. Patricia Eisenman, Stephen C. Johnson, and Joan E. Benson. Champaign, IL: Leisure Press. 1991. 127 pp.

*SHAPEDOWN: Weight Management Program for Children and Adolescents*. Available from Distribution & Support, Balboa Publishing, 11 Library Place, San Anselmo, CA 94960. (415) 453-8886.

#### **Handouts (in alphabetical order by title)**

*Children and Weight: What's a Parent to Do? (Que Deben Hacer Los Padres De Los Ninos Que Pesan Mucho)* (For low literacy audiences). Cooperative Extension University of California, Division of Agriculture and Natural Resources. 1993. Available from ANR Publications, University of California, 6701 San Pablo Avenue, Oakland, CA 94608-1239. (415) 642-2431.

*Exchange Lists for Weight Management*. The American Dietetic Association and American Diabetes Association. Available from American Diabetes Association, Inc., Diabetes Information Service Center, 1660 Duke Street, Alexandria, VA 22314. (703) 549-1500.

*Exercise and Weight Control*. The President's Council on Physical Fitness and Sports. Available from President's Council on Physical Fitness and Sports, 701 Pennsylvania Avenue, N.W., Suite 250, Washington, DC 20004. (202) 272-3421.

*Facts about Fat Substitutes. Nutrition Fact Sheet*. National Center for Nutrition and Dietetics. Available from National Center for Nutrition and Dietetics, 216 West Jackson Blvd. Chicago, IL 60606-6995. (800) 366-1655.

*The Facts about Weight Loss Products and Programs*. Federal Trade Commission, Food and Drug Administration, National Association of Attorneys General. Available from Food and Drug Administration, Consumer Affairs and Information, 5600 Fishers Lane, HFC-110, Rockville, MD 20857. (301) 443-3170.



*An FDA Guide to Dieting.* Ruth Papazian. FDA Consumer. Available from Department of Health and Human Services, Public Health Service, Food and Drug Administration, Office of Public Affairs, 5600 Fishers Lane, Rockville, MD 20857.

*Food Choices for Good Health (Escoja Alimentos Sanos).* Cooperative Extension University of California, Division of Agriculture and Natural Resources. Available from ANR Publications, University of California, 6701 San Pablo Avenue, Oakland, CA 94608-1239. (415) 642-2431.

*The Healthy Weigh: A Practical Food Guide.* Maureen Callahan. Available from The American Dietetic Association, 216 West Jackson Blvd., Chicago, IL 60606-6995. (800) 877-1600, ext. 5000.

*If My Child Is Too Fat, What Should I Do about it?* (For low literacy audiences). Cooperative Extension University of California, Division of Agriculture and Natural Resources. Available from ANR Publications, University of California, 6701 San Pablo Avenue, Oakland, CA 94608-1239. (415) 642-2431.

*If Your Child Is Overweight: a Guide for Parents.* Susan M. Kosharek. Available from The American Dietetic Association, 216 West Jackson Blvd., Chicago, IL 60606-6995. (800) 877-1600, ext. 5000.

*Maintain Healthy Weight: Your Health and Your Weight.* Human Nutrition Information Service, United States Dept. of Agriculture. *Home and Garden Bulletin*, Number 253-3. 12 pp. July 1993. Available as a set of bulletins on the Dietary Guidelines for Americans from U.S. Government Printing Office, Superintendent of Documents, Mail Stop: SSPO, Washington, DC 20402-9328. (202) 783-3238.

*Managing Your Weight for Better Health.* The American Dietetic Association. Chicago, IL: The Association. 1993. Available from The American Dietetic Association, 216 West Jackson Blvd. Chicago, IL 60606-6995. (312) 899-4853.

*Que Debe Hacer Usted Para Perder Peso? What Should You Do to Lose Weight.* The American Dietetic Association. Available from National Center for Nutrition and Dietetics, 216 W. Jackson Blvd., Chicago, IL 60606-6995. (800) 366-1655.

*Skimming the Fat: A Practical Food Guide.* The American Dietetic Association. Available from The American Dietetic Association, 216 W. Jackson Blvd., Chicago, IL 60606-6995. (800) 877-1600, ext. 5000.

*Weight Control Guide for Smokers Trying to Quit.* Jill Stern Weisenberger, Laura K. Guyer, and Lynn B. Bailey. Available from Journal of Nutrition Education, 25:367D. 1993.



*The Weight Kit: A Four-Step Guide to Losing Weight and Keeping it off.* Stanford Center for Research in Disease Prevention. Available from Health Promotion Resource Center, Stanford Center for Research in Disease Prevention, Stanford University School of Medicine, 100 Welch Road, Palo Alto, CA 94304-1885. (415) 723-0003.

*Weight Loss Readiness Quiz. Nutrition Fact Sheet.* Available from National Center for Nutrition and Dietetics, 216 W. Jackson Blvd., Chicago, IL 60606-6995. (800) 366-1655.

#### **Audiovisuals (in alphabetical order by title)**

*The 7 Most Popular Weight Management Myths* (1993). Los Angeles, CA: National Health Video, Inc. (310) 472-2275. **Includes:** 10 min. (VHS) videocassette. **Content:** Discusses the most popular myths and truths about weight control. **Audience:** Consumers.

*Beyond Covert Bailey's Fit or Fat: the Covert Bailey Video Collection* (1993). Alexandria, VA: PBS Home Video. (703) 739-5380 or (800) 344-3337. **Includes:** 7 hours in 13 segments (VHS) 4 videocassettes. **Content:** Discusses facts about diet and exercise in a humorous way. **Audience:** Consumers.

*Break Your Behavior Chains* (1990). Vivian Rosenberg, et al. Los Angeles, CA: National Health Video, Inc. (310) 472-2275. **Includes:** 17 min. (VHS) videocassette. **Content:** Discusses behavior change tips in grocery shopping style, eating style and lifestyle. **Audience:** Consumers.

*Children and Weight: What's a Parent to do?* (1993). University of California Cooperative Extension. Davis, CA: Cooperative Extension. Distributed by: Visual Media, UC Davis, CA 95616. **Includes:** 12 min. (VHS) videocassette + 3 booklets. **Content:** Video offers sound advice and practical suggestions concerned about preventing or treating childhood obesity. The authors encourage unconditional love and acceptance of the child, as well as sensible eating and a physically active lifestyle. **Audience:** Health professionals and caregivers.

*Eat More, Weigh Less* (1993). Dr. Dean Ornish. New York, NY: Harper Audio. (212) 207-7000. **Includes:** 90 min. sound cassette + 5 recipe cards. **Content:** Discusses how to lose weight safely while eating a lot of food. **Audience:** Consumers.

*Eating Healthy for Weight Control* (1990). Cable News Network Series. Atlanta, GA: Turner Multimedia. (404) 827-1700. **Includes:** 24 min. (VHS) videocassette + 1 guide. **Content:** Successful nutrition and fitness strategies for losing weight and keeping it off. **Audience:** Consumers.

*A Fare That Fits: a Lifestyle for a Thinner You. Cleveland Clinic Cookbook a Fare That Fits* (1989). Jacques Pepin. Cleveland, OH: Cleveland Clinic Foundation. **Includes:** 60 min. (VHS) videocassette + 1 book. **Content:** The video has Chef Jacques Pepin demonstrating the creative preparation of recipes that taste good yet **are low in calories**, Dr. John Bergfeld discussing the benefits of exercise in a weight-loss plan, Dr. Garland T. DeNelsky telling how to change eating habits, and Karen Miller-Kovach translating nutrition information into acceptable dietary guidelines. **Audience:** Consumers.

*Fat City* (1990). Robert Dean and Roger Bingham. Olney, PA: Bullfrog Films. (800) 543-FROG. **Includes:** 28 min. (VHS) videocassette + teacher's guide. **Content:** Takes a lighthearted approach to a serious problem. As you enter *Fat City*, you learn how eating habits based on stone-age desires for fat, sweets, and salt, combined with genetics and environment, have contributed to weight control problems. **Audience:** Consumers.

*The Food Exchange System.* (Other Title: *Exchange System for Weight Management, Introduction to the Exchange System for Weight Management*) (1990). Los Angeles, CA: National Health Video. 20 min. (VHS) videocassette. **Content:** The video program shows what is meant by a food exchange system and how to manage good eating without counting calories, based on a system of equal values for a balanced, planned daily intake. It discusses the exchanges in six food groups, eg. starch/bread, meat, vegetables, fruit, milk, and fats, plus the free food list. The menu planning as a budget is discussed with the exchanges as the options in meeting the budget. **Audience:** Consumers.

*How to Keep a Food Diary* (1990). Ed Weinstock. Los Angeles, CA: National Health Video, Inc. (310) 472-2275. **Includes:** 12 min. (VHS) videocassette. **Content:** Discusses the importance of a food diary in a weight reduction plan and how to record food amounts properly. **Audience:** Health professionals and Consumers.

*Managing Your Weight Without Dieting* (1994). Evanston, IL: Altschul Group Corp. (800) 421-2363. **Includes:** 25 min. (VHS) videocassette + teaching guide. **Content:** Program explores why young people are prone to eating high-fat diets and why they avoid exercise. It also explores why teens are obsessed with thinness and how this could lead to eating disorders.

*Nobody's Perfect: How to Cope with Relapse* (1991). Los Angeles, CA: National Health Video, Inc. (310) 472-2275. **Includes:** 16 min. (VHS) videocassette. **Content:** Gives suggestions for coping with situations causing relapses from a diet such as how to deal with a food craving or how to overcome guilt from eating something not on a diet. Strongly suggests keeping an eating behavior diary to know yourself and your weaknesses, to identify high risk situations and to plan ahead for damage control. **Audience:** Consumers.

*Overeating, an American Obsession* (1989). Phoenix, AZ: Johannes Productions; Distributed by Urbana, IL: Carle Medical Communications. **Includes:** 25 min. (VHS) videocassette + 2 viewer's guides. **Content:** This film explores some of the reasons why people overeat and shows that people with compulsive eating habits can develop and maintain a successful weight management program. **Audience:** Consumers.

*Thin Dining* (1990). Vantage-Point Productions. Los Angeles, CA: National Health Video, Inc. (310) 472-2275. **Includes:** 23 min. (VHS) videocassette. **Content:** Discusses ways of maintaining a low fat diet and eating healthy meals when dining outside the home, in restaurants, at parties, or on vacation. **Audience:** Consumers.

*The Three Friends*. (Other Title: *Las Tres Comadres: A Program on Overweight as a Risk for Hypertension for the Minority Peer Educator Program*) (1990). College Station, TX: Texas Agricultural Extension Service, Texas A & M University System. **Includes:** 1 videocassette, 1 program manual, 20 training activities, 1 script, 1 game, 17 posters, + 4 duplication masters. **Content:** An educational kit focusing on obesity and high blood pressure for Hispanic elderly. The primary goal is to bring relevant health, nutrition and mental health information to older minority participants of senior nutrition sites. **Audience:** Health professionals and Consumers.

*Wise Weights: Consumer's Guide to Weight Management* (1991). Bloomington, MN: Bloomington Heart and Health Program. 28 slides. **Content:** Offers a permanent weight control program that emphasizes life-style changes rather than short-term diets. Participants design their own lower-calorie eating plan. New attitudes and habits are gained about food, eating, and exercise. **Audience:** Consumers.

## Contacts for Assistance

### Local Contacts (listed in telephone directory)

### Ask for the:

Dietetic Association (state or regional chapter) . . . . .	Dietitian
Heart Association (city, state) . . . . .	Health Educator
Extension Service (county or state) . . . . .	Home Economist or Food and Nutrition Specialist
Health Department (city, county, state) . . . . .	Public Health Nutritionist
Hospital . . . . .	Dietitian
College or University . . . . .	Nutrition Instructor

### National Contacts:

Calorie Control Council, 5775 Peachtree-Dunwoody Road, Suite 500-G, Atlanta, GA 30342.  
(404) 252-3663.



Food and Nutrition Information Center, National Agricultural Library, USDA, Room 304, 10301  
Baltimore Blvd., Beltsville, MD 20705-2351. (301) 504-5719.

National Council Against Health Fraud, P.O. Box 1276, Loma Linda, CA 92354. (909)  
824-4690.

National Health Information Center, ODPHP, P.O. Box 1133, Washington, DC 20013.  
(800)-336-4797. In Maryland (301) 565-4167.

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- Food and Nutrition Information Center staff

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Food and Nutrition Information Center 1994

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